

Breathing Vision Health Improvement Program

7 step breathing exercise execution plan

A naturopathic tool and information presentation brochure

by

Dr. Herman Fridsma ND

2012

Email: dr.herman.fridsma@gmail.com

Naturopathy

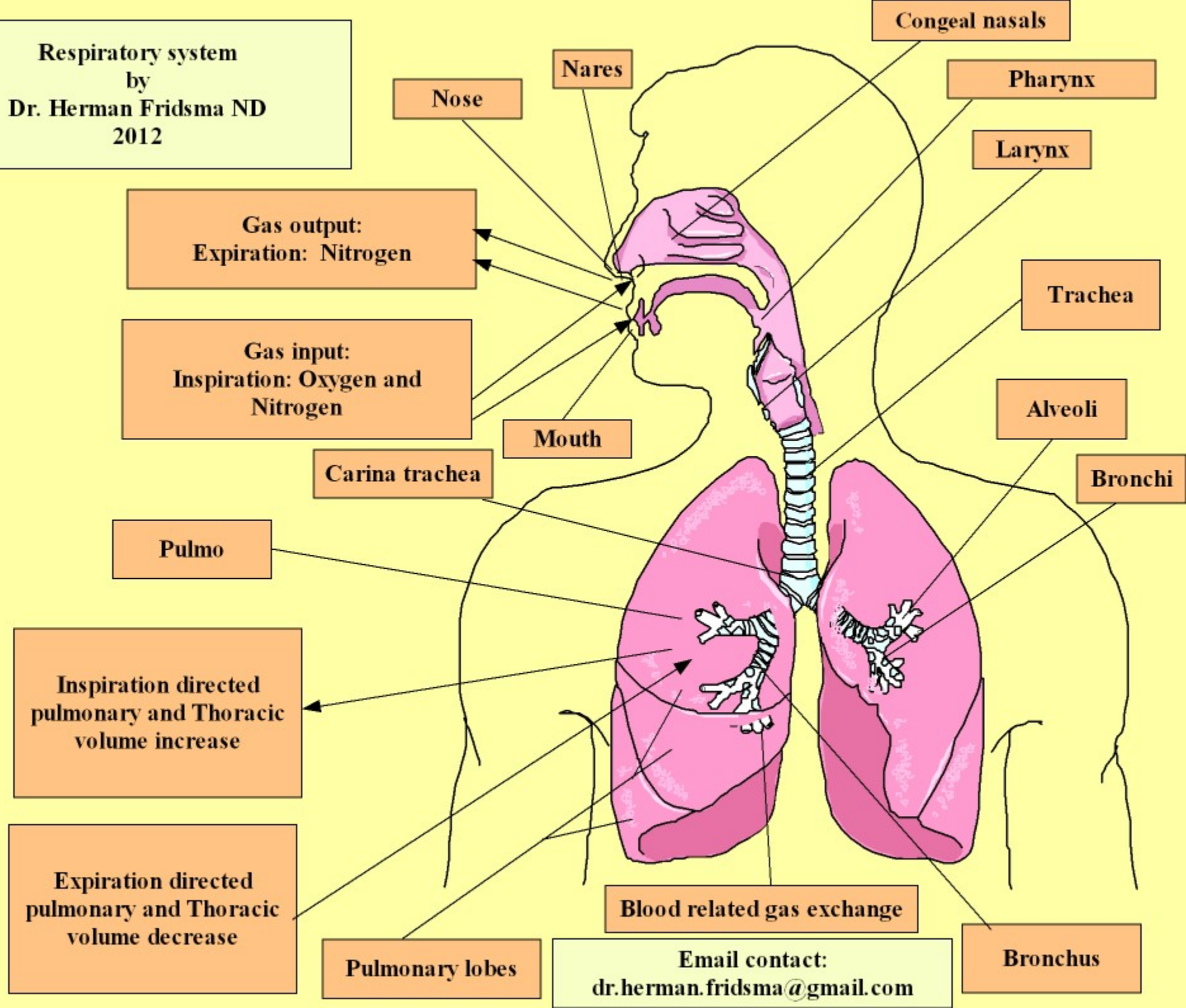
The breathing vision health improvement program with its 7 step breathing exercise execution plan is a naturopathic tool and information presentation brochure by Dr Herman Fridsma ND which stands in extend of breathing and natural health promotion with a key focus at applied breathing techniques.

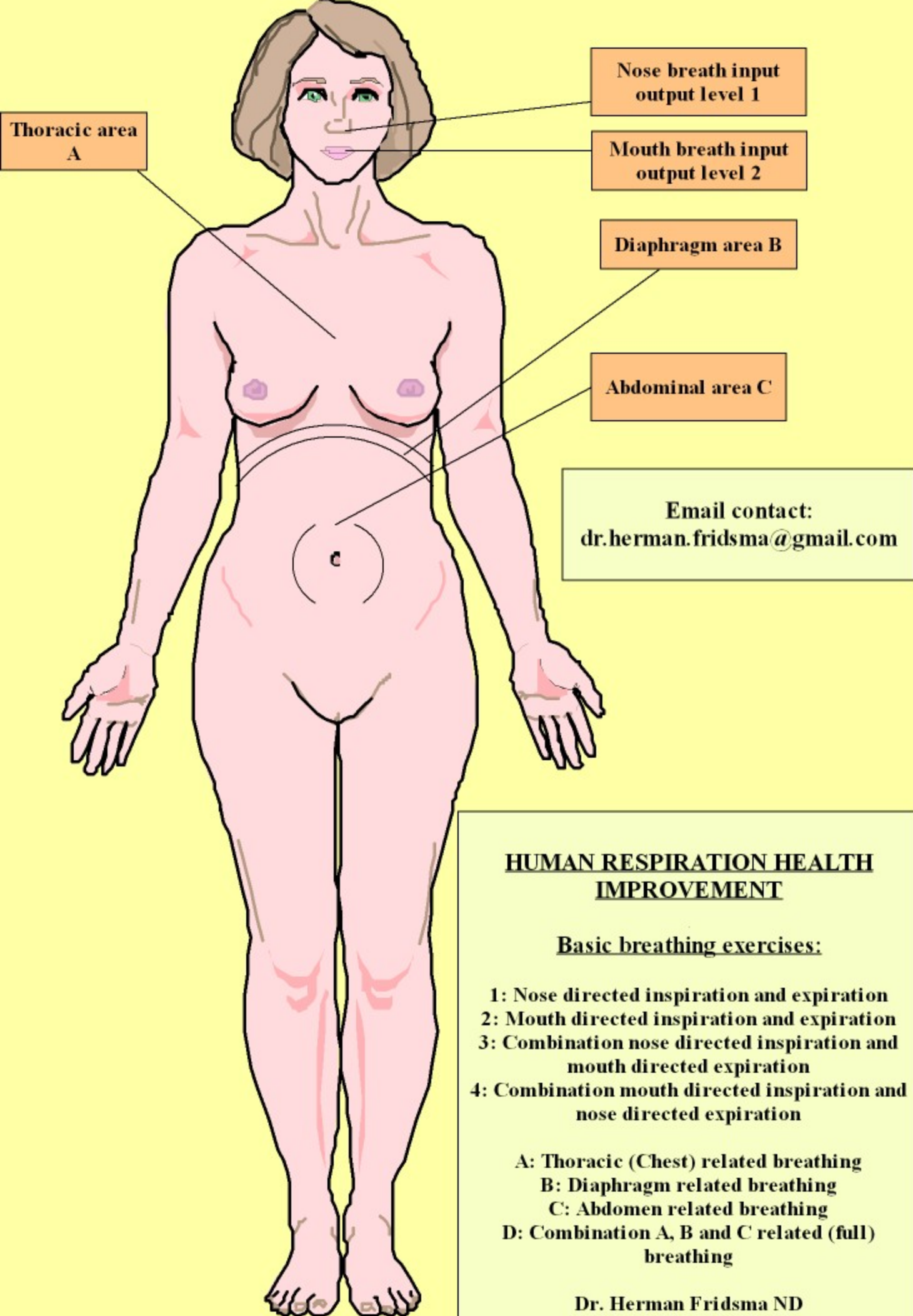
This is a simplified visualised model brochure presentation of applied breathing techniques in practice which can be combined with relaxation and meditation exercises.

Goal of the breathing vision health improvement program and it's 7 step breathing exercise execution plan is to promote health and to decline stress.

Breathing exercises are part of naturopathic practice and breathing and natural health promotion.

Respiratory system
by
Dr. Herman Fridsma ND
2012





Nose breath input
output level 1

Mouth breath input
output level 2

Diaphragm area B

Abdominal area C

Email contact:
dr.herman.fridsma@gmail.com

HUMAN RESPIRATION HEALTH IMPROVEMENT

Basic breathing exercises:

- 1: Nose directed inspiration and expiration**
- 2: Mouth directed inspiration and expiration**
- 3: Combination nose directed inspiration and mouth directed expiration**
- 4: Combination mouth directed inspiration and nose directed expiration**

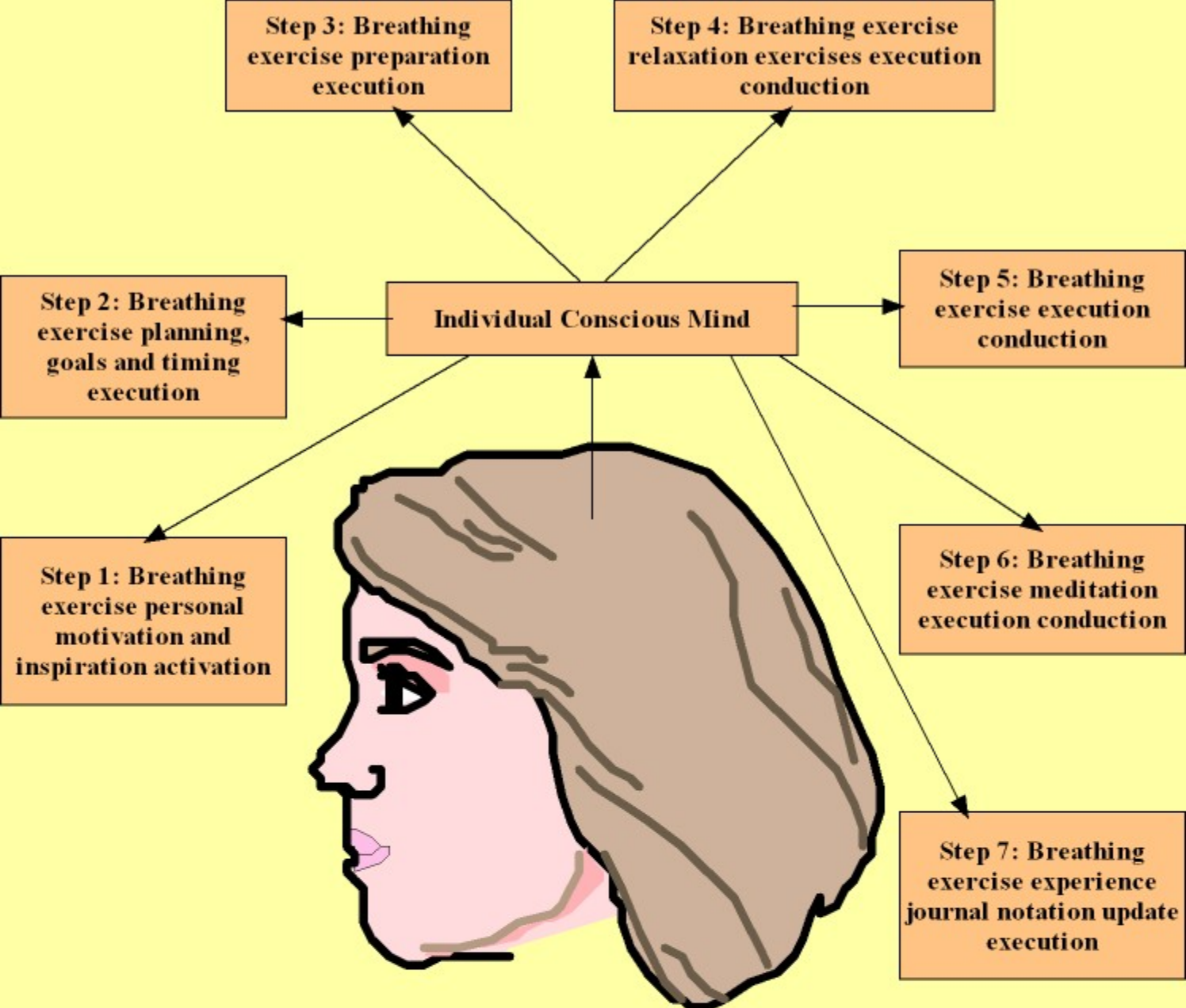
A: Thoracic (Chest) related breathing

B: Diaphragm related breathing

C: Abdomen related breathing

D: Combination A, B and C related (full) breathing

**Dr. Herman Fridsma ND
2012**



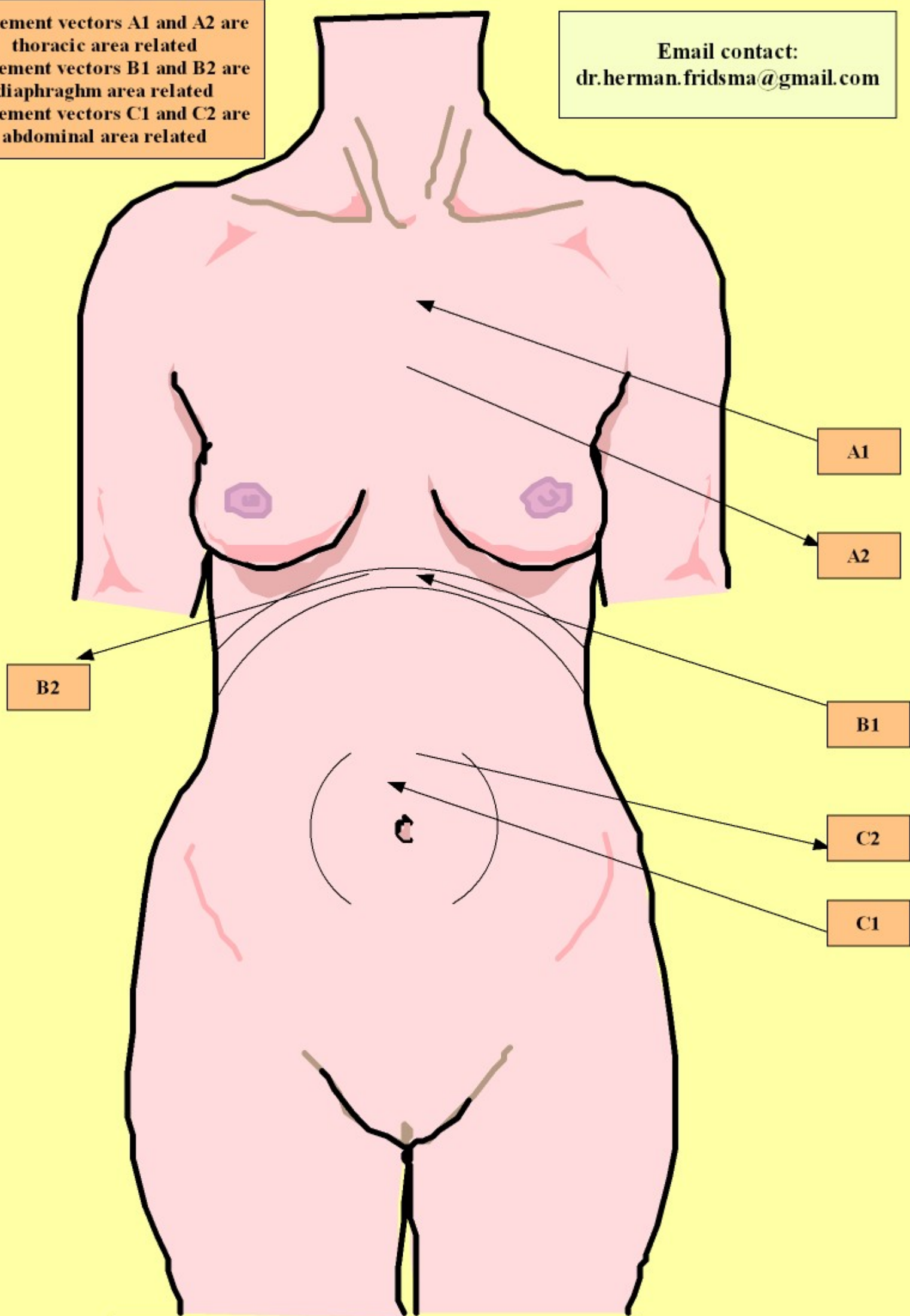
Seven step breathing exercise execution plan:
Breathing Vision Health Improvement Execution

by
Dr. Herman Fridsma ND
2012

Email contact: dr.herman.fridsma@gmail.com

Movement vectors A1 and A2 are
thoracic area related
Movement vectors B1 and B2 are
diaphragm area related
Movement vectors C1 and C2 are
abdominal area related

Email contact:
dr.herman.fridsma@gmail.com



Email contact:
dr.herman.fridsma@gmail.com

Individual Conscious Mind

**CONSCIOUS MIND FOCUS
AND CONTROL:**

- 1: Nose directed inspiration and expiration
- 2: Mouth directed inspiration and expiration
- 3: Combination nose directed inspiration and mouth directed expiration
- 4: Combination mouth directed inspiration and nose directed expiration

A: Thoracic (Chest) related breathing

B: Diaphragm related breathing

C: Abdomen related breathing

D: Combination A, B and C related (full) breathing

Respiration awareness

Respiration
conditioning and
learning integration

New improved
respiration behavior

Nose breath input
output level 1

Mouth breath input
output level 2

Thoracic area A

Diaphragm area B

Abdominal area C

Life breathing exercise therapy benefits
7 Step Breathing Vision Health Improvement Execution Program
Dr Herman Fridsma ND
2012

Respiration
Stress
Epilepsy
Concentration
Hyperventilation
Lung emphysema
Heart disease
Panic attack
Asthma
COPD
Angina pectoris
Migraine
Headache
Oxygen assimilation
Anxiety
Body posture
Lung disease
Pain
Burn out
Physical trauma
Emotional trauma
Sleep disorders
Emotional sorrow
Grief
Pneumothorax
Diabetes
Weight loss
Flatulence



**Life
breathing
exercise
therapy**



Emotional pain
Health
Blood pressure
Constipation
Insomnia
Fatigue
Respiratory disease
Lung revalidation
Rehabilitation
Dispnea
Breathing problems
Menstrual cramps
Bronchitis
Abdominal pain
Irritable Bowel Syndrome
Stomach cramps
Heartburn
Vertigo
Shivering
Rheumatoid arthritis
Fibromyalgia
Muscle tension
Labour
Relaxation
PMS
Pneumonia
And so on

Email contact:
dr.herman.fridsma@gmail.com

Author: Dr. Herman Fridsma:



Dr. Herman Fridsma

- Naturopathy, Doctor of Naturopathy, ND degree.
- Doctor of Naturopathy (ND) Government Attestation Certification, Certificate.
- FIAMA Fellowship Certification, Certificate.
- Transpersonal Counseling, PhD degree.
- Theology, Doctor of Theology, DTh degree.

Profession related organizations:

Fellowship FIAMA:

Fellow member of the International Alternative Medical Association (FIAMA)

NOAG Registration:

Nederlandse Orde van Alternatieve Genezers (Dutch Order of Alternative Healers)

(Herman Fridsma is NOAG registered since 1999).

Contact Dr. Herman Fridsma:

Email address: dr.herman.fridsma@gmail.com

Notes: